



**Vermont Department of Education**

**November 2006, Issue 1**

*(To reply, unsubscribe or subscribe, contact Kate Lampel Link at [katelink@education.state.vt.us](mailto:katelink@education.state.vt.us). Please do not hit "reply to all." Thank you.)*

## ***Linking Health & Learning Bulletin is Now on the Web!***

The Vermont Department of Education's Web site will archive the four most recent issues of the *Bulletin*. In addition, the *Bulletin's* Guidelines will remain a constant feature. If you want to refer to recent issues, direct others to the *Bulletin*, or check the Guidelines for submissions, just go to [http://education.vermont.gov/new/html/pgm\\_coordhealth/resources.html](http://education.vermont.gov/new/html/pgm_coordhealth/resources.html). Also, since formatting sometimes gets "lost" in electronic transmission, the *Bulletins* found on the Web are in "pdf format," ensuring attractive and standard formatting and availability for printing.

## **Wellness Programs and Funding Sources**

In accordance with Act 161, the Vermont Department of Education maintains a list of school and community programs that have the potential to improve childhood wellness. In addition, the list cites links to organizations that provide funding for wellness activities in school communities. With recent input from the Vermont Department of Health, the list is now updated. Find it at [http://education.vermont.gov/new/pdfdoc/pgm\\_coordhealth/wellness\\_funding\\_resources.pdf](http://education.vermont.gov/new/pdfdoc/pgm_coordhealth/wellness_funding_resources.pdf).

## **Great American Smokeout® – November 16**

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good. For a link to the New England Web site, go to [http://community.acsevents.org/site/PageServer?pagename=C\\_NE\\_GASO\\_homepage](http://community.acsevents.org/site/PageServer?pagename=C_NE_GASO_homepage).

## **Evaluating Local School Wellness Policies**

Earlier this year the Centers for Disease Control and Prevention hosted the School Wellness Policy Institute, *Moving from Policies to Action*. As a result, the attached document was created to guide development of strategies for evaluating policy implementation and maintenance. Although the document addresses evaluation on both the state and local levels, school staff will find examples of process and outcome data and related questions to consider. The document

indicates that the Youth Risk Behavior Survey (YRBS) can be used to evaluate success of local school wellness policies. To see the Vermont state report, go to <http://healthvermont.gov/pubs/yrbs2005/2005yrbs.aspx>. Superintendents receive a supervisory union level report. For information about the Vermont YRBS, which will be conducted again in 2007, contact Kelly Hale LaMonda at (802) 863-7246 or at [khale@vdh.state.vt.us](mailto:khale@vdh.state.vt.us).

## Grant and Funding Opportunities:

- 1. National Association for Sports & Physical Education/Polar Heart Rate Grant Program Announced** - NASPE/AAHPERD members at middle school and high school physical education programs not currently using heart rate monitors are invited to submit an application to the first NASPE/Polar Heart Rate Monitor Grant Program. The deadline is November 15, 2006. The winning recipients, five middle schools and five high schools, will be announced in the winter issue of NASPE News. Each grant has a value of more than \$4,700. For further information, visit <http://www.aahperd.org/naspe/template.cfm?template=polarGrant.htm>.
- 2. Grants Available to Promote Healthy School Communities** - The Association for Supervision and Curriculum Development (ASCD) will award 10 grants of \$10,000 each to help schools and communities create a healthy school environment. The selected schools will demonstrate the capacity for best practice in leadership and instruction, support comprehensive health programs, and create strong collaborations with other community institutions. The grant is open to K–12 public and independent school communities. Applications are available online at <http://www.ascd.org/healthyschoolcommunities> and are due November 15, 2006. For more information, contact Theresa Lewallen at (703) 575-5622 or at [http://www.healthyschoolcommunities@ascd.org](mailto:healthyschoolcommunities@ascd.org).
- 3. December 1, 2006 – Deadline for Farm-to-School Grant** - \$125,000 available to help schools increase the use of Vermont products and nutrition education programs. To apply, download a copy of the application (integrated with the School Wellness Grant) at [http://www.state.vt.us/educ/new/html/pgm\\_coordhealth.html](http://www.state.vt.us/educ/new/html/pgm_coordhealth.html). For questions, please contact Steve Justis at (802) 828-3827 [steve.justis@state.vt.us](mailto:steve.justis@state.vt.us).
- 4. Nickelodeon has extended its Let's Just Play Giveaway Program through the end of this year.** In November and December, Nickelodeon will give \$5,000 to at least 20 randomly selected winners. Children ages 6 to 15 years old can apply for their school or after-school community-based organization to win funding for projects that promote play and physical activity. For more information, go to <http://www.nickjr.com/> or <http://www.nick.com/>.

## Professional Development Opportunities:

**For a Calendar of Department of Education-Sponsored Events** go to <http://www.state.vt.us/educ/new/html/dept/calendar.html>.

**Center for Health and Learning** provides a variety of professional development opportunities. For a complete schedule, visit the calendar at <http://www.healthandlearning.org> or call (802) 254-6590. Here are some upcoming events:

**Alcohol, Tobacco and Other Drug Education** (fulfills Act 51 requirements):

Dec. 4-5 Montpelier

Jan. 11-12 Montpelier

Mar. 27-28 Rutland

**When Cruel is Cool – A Closer Look at Harassment** – Nov. 16 Brattleboro

**Taste of YogaKids** – Dec. 1 Brattleboro; Jan. 12 Montpelier

**Weaving Wellness into Schools: Using Local Foods in the Cafeteria and Classroom**

Regional workshops to help schools and child care centers improve food and nutrition environments and connect to local sources. Free registration for school food service staff and farmers. (Food service staff also eligible to receive a stipend.) The next workshop is November 7, 2:00-8:00 p.m. in Manchester (more dates to follow). To register, visit <http://www.vtfeed.org/progservices/WeavingSchoolsFlyer06.pdf> or call (888) 758-0676.

**Vermont Association for Health, Physical Education, Recreation and Dance (VAHPERD) Annual Conference “Educating the Whole Child for 21<sup>st</sup> Century Educators”** – Join in the activities for this two-day event to be held November 9-10 at the Killington Grand Hotel. For more information, or to register, go to <http://www.vtahperd.org/fall/fall.htm>.

**“Don’t Eat That!” – Food Allergies and Anaphylaxis** - This presentation, part of the 2006-07 Nursing Grand Rounds program, will take place Wednesday, November 15 from 3:15-4:45 p.m. via Vermont Interactive Television. The speaker is Dr. Barbara Frankowski, a pediatrician and Professor of Pediatrics at the University of Vermont College of Medicine. Register by phone at (802) 656-2179 or online at <http://www.vtahec.org/nursinggrandrounds>.

**Positive Prevention: HIV/STD Prevention Education for America’s Youth Training**

This Red Cross, evidence- and abstinence-based curriculum training on December 6 from 8:30 a.m.-3:30 p.m. is for grades 7-12 general educators and focuses on the prevention of HIV and other sexually transmitted diseases. Held at the Capitol Plaza, Montpelier. Cost: \$129 includes curriculum and lunch. Register at <http://trainings.healthandlearning.org/> (Note for special educators: Hold April 10, 2007 for the Positive Prevention for Special Populations training.)

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# Evaluating Local School Wellness Policies



## Why Evaluate?

Evaluation is critical to assessing local wellness policy activities in individual districts and across each state, and helps states target technical assistance and keep districts accountable. Evaluation:

- Improves the content of, support for, and implementation of local wellness policies
- Documents environmental changes, staff needs, and changes in revenue
  - Provide better services for staff, faculty, and students
  - Make a case for more staff, funding, or policies
- Ensures programs are on course
- Leads to identification of new and changing needs

## What Information Should Be Collected?

Both process and outcome data will be useful in evaluating the success of local school wellness policies. You should collect the data that provides the best information to track and improve policy implementation and maintenance. Examples of process and outcome data include:

- Process Data:
  - Number and type of individuals reached
  - Activities implemented
  - Quality and consistency of efforts/information.
- Outcome Data:
  - Changes to physical and health education programs
  - School culture and environment changes
  - Changes in school nutrition programs including marketing and promotion.

## What does success look like?

Examples of success include:

- Policies have been implemented
- Policies were changed if they did not achieve desired outcomes, or if they were causing unintended negative outcomes.
- Policies were changed if the needs of students or staffed changed
- Barriers to success have been identified and overcome.

Data sources that will help evaluate success of local school wellness policies include the Center for Disease Control and Prevention's (CDC ) School Health Profiles and other evaluation data that might include interviews and focus groups with school administrators, parents, teachers, students, community members; and observations of changes to a school's nutrition and physical activity environment. State and local education agencies may also benefit from use of questions on physical activity from CDC's Youth Risk Surveillance Survey.

# Local School Wellness Policy Evaluation Questions



Evaluation questions should link to the state's or local district's priorities. Sample questions are listed below.

## **State-Level Evaluation Questions:**

### *Process Questions*

- How far along are districts in implementing wellness policies?
- What are the common goals for nutrition education and physical education across districts?
- What are the common nutrition guidelines and guidelines for reimbursable meals across districts?
- What are the common mechanisms for community involvement across districts?
- What are common barriers to implementing and evaluating wellness policies?
- What can the state do to facilitate policy implementation and evaluation?

### *Outcome Questions*

- What were the intended outcomes of the policies? What were the actual outcomes?
- What are the documented (using tools such as YRBS and SHPPS) changes to the nutrition and physical activity environments of local schools?
- What technical assistance can be provided to improve its effectiveness?

## **District-Level Evaluation Questions:**

### *Process Questions*

- What activities were undertaken? When?
- What was the level of quality of the activities? How many people were involved?
- How many people in the district received copies of the local wellness policy?
- In how many schools are food service staff aware of the local wellness policy?
- How many teachers received training to implement physical and nutrition education recommendations?
- Were resources and support available to implement the policy? Are resources and support available for maintenance of the policy?

### *Outcome Questions*

- What were the intended outcomes of the policy? What were the actual outcomes?
- Were there any unintended outcomes of the policy?
- What parts of the policy got implemented? Did the parts that were implemented address the greatest needs of students or school staff?
- What are the documented (using tools such as YRBS and SHPPS) and observed (captured through interviews and focus groups) changes to the nutrition and physical activity environments of local schools?
- What changes, if any, should be made to the policy to improve its effectiveness? What changes should be made to address changing needs?